New Right & Left Turns "on Red" Working Well

Most Virginia motorists like the state's recently enacted legislation permitting right and left turns at red traffic signals, and the right turns alone saved an estimated 3.6 million gallons of gasoline in 1977, the State Department of Highways and Transportation said today.

A study by the Virginia Highway and Transportation Research Council, a branch of the department, concluded that "the laws are working very well."

The council's report said the right turn law, in effect longer and more extensively, "has had a significant impact on improving traffic flow at intersections and in saving motorists time and fuel."

"The study data clearly indicate that the vast majority of Virginians, including the state's law enforcement officials and traffic engineers, strongly favor the new general permissive turn on red legislation," the report said.

Legislation which became effective January 1 last year permits drivers to turn right at red lights after stopping and yielding the right-of-way to other traffic and pedestrians, unless specifically prohibited by a sign. Legislation permitting left turns from a one-way street onto another one-way street, under the same conditions, took effect last July 1.

The evaluation of how it's all working was directed by by Martin R. Parker, Jr., of Charlottesville, a research engineer on the council's staff. The findings were based on field studies, comments from local and state police and traffic engineers, and responses from more than 1,700 persons contacted at random in a statewide telephone opinion survey.

The study found that the right turns are authorized at 84 per cent of the state's signalized intersection approaches.

There are far fewer intersections where one-way streets cross, but the left turns are permitted at 73 per cent of them. However, most of that total is in two cities, Richmond and Newport News, and consequently the left turn legislation has not had as substantial an impact throughout the state.

In some cases, turns at red traffic lights have been prohibited because of insufficient sight distance for motorists, pedestrain conflicts, and unusual intersection features.

The study showed that the majority of motorists given the opportunity to make the turns take advantage of it, with 94 per cent of those permitted to turn right and 59 per cent of those permitted to turn left doing so.

While benefits of the laws far outweigh any disadvantages, the council said the concept has not been entirely problem-free.

It found that 52 accidents involving right-turning motorists and two involving left-turning motorists at the signalized intersections were reported in 1977. The collisions resulted in two injuries and caused generally minor damage to the vehicles. Also, 11.5 per cent of those making the right turns failed to stop completely first.

"There is a need to remind Virginia motorists that stopping is a necessary safety precaution and it is required by law," the Research Council said.

It said, too, that more uniform implementation is needed for the right turn on red law, and added that it would develop suggested guidelines and send them to traffic engineering administrators throughout the state.

Projections & Economic Base Analysis: Commonwealth of Virginia

RICHMOND - By 1985 Virginia's population is projected to increase to 5,602,100 persons while employment is expected to total 2,641,100 persons as indicated in a study just released by the Virginia Department of Planning and Budget. Population growth is projected to average 1.1 percent annually during the 1975 to 1985 period while employment is expected to register gains of 2.6 percent annually during the same period. This higher rate of growth in employment implies that a larger percentage of the population, slightly over 49 percent, will be part of the work force in 1985 as compared to less than 45 percent of the population in 1975.

Employment in this study is divided into two main sectors: basic and supporting. The basic sector, which represents industries that are usually exporters of goods and services, is assumed to be the key to future economic development because it is through exports that additional income flows into an area. On the other hand, the supporting sector is composed of industries that are primarily locally oriented.

Virginia's basic employment is projected to experience growth of 1.5 percent annually during the 1975 to 1985 period resulting in an employment total of 918,300 persons by 1985. The most rapid rate of growth is expected in the mining sector which is anticipated to increase by 3.2 percent annually, reaching 27,800 employees by 1985. The second highest rate of growth, 2.5 percent annually, is projected for the travel trade sector. This growth rate will increase this sector's employment to 72,300 persons by 1985.

The largest absolute gain is expected in the manufacturing sector, projected to increase by nearly 88,000 persons over the 1975 figure, resulting in a total employment of 446,300 by 1985. This gain would imply an annual growth rate of 2.2 percent during the 1975 to 1985 period.

Total federal employment is expected to increase by 0.7 percent annually during the 1975 to 1985 period, resulting in 316,600 employees by 1985. Most of this growth is anticipated in the civilian employment portion which is projected to increase to 163,600 persons, implying an annual 1.0 percent growth rate. The military portion is expected to grow at a slower rate of 0.3 percent annually, resulting in an employment total of 153,000 persons by 1985.

In other basic industries, port-related employment is anticipated to remain stable during the projection period while the agriculture, forestry, and fisheries sector is expected to experience a decline of 1.4 percent annually, resulting in employment of 40,400 persons in 1985.

The supporting sector is projected to grow at a rate of 3.2 percent annually during the 1975 to 1985 period. This rate of growth, which is more than double the rate expected in basic employment, would result in employment of 1,772,800 persons which would constitute over 65 percent of total employment projected.

Future population growth is not expected to be uniform throughout the State. Projections indicate that, during the 1975 to 1985 period, the rate of population growth will be higher in the portion of the State outside of the metropolitan areas than in the metropolitan areas. This implies that the present metropolitan areas of the State will have a smaller share of Virginia's population in 1985 than they did in 1975.

This study, entitled **Projections and Economic Base Analysis - Commonwealth of Virginia,** is available without charge from the Department of Planning and Budget.

ADMITTED TO UNITED ADMITTED TO WEST POINT

Cont'd from page 1

ball Co-Captain and the Track Team. Most Valuable Defensive Player - ACHS, Honorable Mention 1977 All District Linebacker. Extracurricular, Community, and church activities are: FFA Secretary, 10th grade, FFA Vice-President, 11th grade, FFA President, 12th grade, Student Council, Freshman Class, President, State Farmer Degree, attended State 4-H Congress (2 years), and Hebron Baptist Church Teen Choir.

Robert anticipates attending West Point and accepting its opportunities. He is willing to meet its demands and obligations. He realized the fulfillment of serving successfully as a cadet and then as a professional Army officer. He resolves to become a part of the "Long Gray Line" that has been a part of America's history since 1802.

FARMERS NATIONAL BANK HELD ANNUAL SHAREHOLDERS MEETING

Cont'd from page 1

ficers, employees and customers were extended thanks from the Farmers National Bank for their loyalty and sincere efforts made toward the continued growth and sustained progress of the bank over the years.

"Right-Turn-On-Red" Must Be Properly Executed

RICHMOND - Although it's perfectly legal to right-turn-on-red in Virginia unless specifically prohibited by appropriate signs, the Department of State olice reports troopers are finding it necessary to issue summonses to apparently surprised motorists.

The problem, according to the State Police, is not the proper right turn, but the fact that many motorists are beginning to utilize unpaved shoulders to carry out the maneuver. Approaching one or more vehicles stopped for a traffic light at an intersection, motorists are pulling off the highway onto the unpaved shoulder and advancing to the traffic light to turn right on red.

It's illegal to pass by driving off the payment or main travelled portion of the roadway and doing so presents quite a few hazards for the motorist making the turn as well as for other motorists at the intersection.

Health-wise

By Marylou Blosser, R.N.

Stroke

A stroke occurs when the blood supply to a part of the brain tissue is cut off and as a result the nerve cells in that part of the brain cannot function. The nerve cells of the brain control the way we receive and interpret sensations and control most of the body movements.

The extent of the damage depends upon the amount of bleeding and the area of the brain involved. Persons with arteriosclerosis and hypertension are most susceptible to strokes.

Usually the part of the brain that is damaged controls the muscles that move the arm, hand and fingers, the leg, foot and toes on one side of the body. Sometimes the part of the brain that controls the ability to speak is affected, and as with any ill person, they may not be able to think clearly. Pressure on the brain due to hemorrage or damage to the nerve cells causes paralysis. If the damage to the brain is slight and the blood is gradually reabsorbed, permanent damage may be slight.

Whenever the blood supply is cut off from an area, a remarkable thing happens. The body attempts to repair the damage by causing small arteries to get larger and take over part of the work of the damaged artery. In this way the nerve cells that have been temporarily out of order may recover.

Here are some suggestions for families of stroke patients.

PRIMARY MENU

Mon., March 6 - Peanut Butter and Jelly Sandwich, Creamed Potatoes & gravy, peas, cake and sauce, milk.

Tues., March 7 - Sausage, apple sauce, string beans, cookie, milk.

Wed., March 8 - Pizza, tossed salad, potato chips, peaches, milk.

Thurs., March 9 - Hamburger on bun, Buttered corn, slaw, jello, topping, milk

Fri., March 10 - Cream of tomato soup, crackers, grilled cheese sandwich, apple sauce, ice cream, milk.

FOOD SHOPPER

By Ann H. Walker
Va. Dept. of Agriculture And Commerce

Cold weather, we've probably all had enough. But, spring is still a while away. So why not make the best of it and have a cold weather party. Include just your family or perhaps friends and neighbors. Build a big fire in the fireplace, sit back and relax, and talk about anything but how cold it is. Then serve that hearty dish you've had simmering on the stove.

Now is an excellent time to have a change of pace meal of hearty bean soup or chili, bread; a salad or green vegetable and beverage. Many homemakers do not take advantage of dry beans and peas in winter meals. Not only are they a good source of energy and iron, they also supply protein. And, they're economical.

Beans are also easy to prepare. If you remembr your mother soaking dry beans overnight, you'll be happy to know now you need only an hour to prepare beans for cooking. Just boil beans in water two minutes, remove from heat, and soak one hour. Now you're ready to make pea or bean soup, or any of the many dishes possible with beans.

If you're confused over varieties, and there are about 16 available, a good guide is what you're going to prepare. For example, navy pea beans are good for baked beans, Great Northern are too, tender for baking but are suitable for salads and casseroles. If Chili con carne is on your menu, red kidney beans or buff colored pinto beans are good.

Don't let this cold weather leave without trying at least one new dish with dry beans or peas. Your favorite cookbook will have many ideas and recipes for you. You'll be surprised how good, economy and nutrition can taste.

Sausage Selection

If you're wondering whether your favorite sausages include flavorful pork, the one sure way to tell is right on the outside of the package. You can expect to find the following information on the label of sausage and ready-to-serve meats. First, the name of the product, followed by a listing of ingredients arranged in descending order of the amounts used, plus the name and address of the firm preparing or distributing the product. Look, too, for an inspection legend (either federal, state or local), says the National Live Stock and Meat Board.

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton Extension Agent

Many parents are expressing concern about the effect of television on their children's development. Television can provide many meaningful learning experiences for children, but it can also be damaging to children. I wish to share with you this week some suggestions about how you might handle television with your children.

Talk about television with your child. Discuss with them programs that delight them, and also, discuss with them programs that might upset them. Talk and help them understand the differences between make-believe and real life situations.

Children do not need to watch violence. But should they see it on the evening news or the morning news, explain to them how people could solve problems without violence. Use this as an opportune time to discuss violence with your children and how it harms. not helps.

Discuss with your children the foods that they see advertised on the Saturday morning advertisement breaks. Discuss with them how these foods can cause them cavities and not provide nutrients needed for growth and development. T.V. producers select sponsors who make foods and toys that will appeal to children at the "child prime time" on television. Discuss with them that some of these toys are not what they really seem to be, and they may be appealing as they flash across the screen, but they might be loud and they might break too soon.

Look at TV with your child. Even mothers with young children who enjoy cartoons on Saturday morning should take a few minutes times from her Saturday morning chores and see what her child is watching. Look out for TV behavior that your child might imitate. This could be a warning to you to be more concerned about what your child is watching.

Look for characters in television programs who care about others. Use this as an example with your child. Look for healthy snacks in the kitchen instead of on the television screen. Share ideas for what to do when you switch off the set. Why not read a book, draw a picture or play a game. There are many activities that your child can be engaged in without constantly watching the TV set set, and parents, PLEASE don't use television as a babysitter.

Choose TV programs with your child. Choose the number of programs your child can watch. Some parents limit their child's TV time to a certain length of time or to a certain number of programs. Choose to turn the set off when the program is over. Many people lose the art of conversation because they depend on the television for constant entertainment.

I would like to encourage you to watch the program son Public Television. There are many fine educational programs that can enrich your family life on public television. Again, I would urge you to be selective in whatever you choose to see.

Why not help improve children's television by writing a letter to the local station, to a television network or to an advertiser. Let's be concerned parents and make sure that we know what our children are watching.

HINT FOR THE WEEK

Evaporated milk has already been sterilized by heat to make it safe and to make it keep. The use of evaporated milk for all yeast breads is a short cut because evaporated milk need not be scalded and cooled. Evaporated milk helps breads to brown well and to keep moist and tender.

RECIPE OF THE WEEK

Yam Bread

1½ cup all-purposed flour
1 teaspoon baking powder
1/8 teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
2 eggs
½ cup corn oil
¾ cup firmly packed dark brown sugar
½ cup mashed cooked yam
½ cup water

Grease and flour 4 cans from soup or other food. On wax paper, thoroughly stir together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. In a bowl of an electric mixer, at medium speed, beat together the eggs, oil and sugar until blended. Add yam and water; beat until blended. Add the flour mixture and stir until dry ingredients are moistened. Turn into the prepared cans, filling each scant two-thirds full. Bake in a preheated 350 degree oven, with cans placed on middle rack in the oven until a cake tester inserted in the center comes out clean - 40 minutes. Cool on wire racks, loosen edges and turn out. Store in refrigerator. Makes 4 rolls.

EASTING WELL

The World's Food Supply - How Long Will It Last?

Have you ever wondered how many people the earth could feed? Experts estimate that if we make the outrageous assumption that the entire land mass of the earth were covered with high yield agricultural crops, and then provide a vegetarian diet for everyone allowing for meat to be eaten twice a week, the maximum number of people that could be fed would be 30 billion. This assumption means that the mountain ranges, the desert, the prairies, the cities and the pavement would have to be producing high yield agricultural crops. We can conclude therefore that the earth can support a number considerably under 30 billion. This information tells us that the earth will probably reach ZPG, (Zero Population Growth) within 3 generations. The real question is not when will we achieve ZPG, but what will life be like when we achieve it?

Another question which many ask is whether the sea can provide us with an adequate supply of food. At present we obtain only one percent of man's food supply from the sea. It does not appear that this source can be increased significantly because there are already reports that many of the fisheries are being destroyed because of overharvesting.

At present there is considerable uncertainty about the current food outlook in the world. The Department of Agriculture believes that there will be an adequate food supply to feed the world's population for another 25 years. Before the year 2000, several problems will have to be dealt with. The issues of population, energy, and environment will need serious consideration.

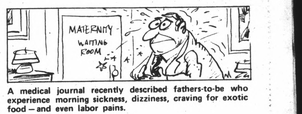
A Future Free Of Cancer

"A Future Free of Cancer," the theme for the 1978 Crusade of the American Cancer Society (ACS), Virginia Division, will be introduced Tuesday, February 14 in Charlottesville at the state-wide Crusade Kickoff by a number of well-known and active volunteers from the state and national levels, according to Cecil S. King, Jr., 1978 Virginia Crusade Chairman.

Featured speakers at the luncheon session will be Dr. Marlin Perkins, noted zoologist and television personality on "Wild Kingdom," and Mrs. Carol Perkins, a cured cancer patient and author of several books. Dr. and Mrs. Perkins are the National ACS Crusade Co-Chairmen for 1978.

Special guests will be Virginia's First Lady Mrs. John Dalton, Mrs. Elizabeth Taylor Warner, and Mrs. Nancy O'Brien, Mayor of Charlottesville. Wells Bunyea, a Charlottesville radio personality, will preside for the Kickoff activities, King said.

Among the highlights of the meeting will be personal testimonies on the hopeful side of cancer by four Virginians, three of whom are cured cancer patients themselves and one whose young daughter was cured of cancer, King added. Also appearing at the meeting will be Miss Karen L. Martin, R. N., of Waynesboro.



A medical journal recently described fathers-to-be who experience morning sickness, dizziness, craving for exotic food – and even labor pains.

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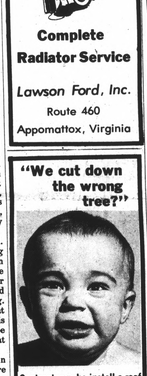
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